

November 2022

# The Buzz

3 Hoosac Street • (413) 743-8333 • Open Mon, Tue, Thu 8am-4pm  
Wed 8am-5pm  
Fri 8am-12pm

## VETERANS DAY



*Honoring All Who Served...THANK YOU!*

**Please join us at the COA as we honor our Veterans.**

**Thursday, November 10th**

**11:00am Honor Guard Ceremony**

**11:15am Remarks by Steve Roy, Veteran Services Agent**

**11:30am Lunch, Entertainment provided by Sheila Scott**

**Call the COA to register. 413-743-8333**

Tickets for the annual Holiday  
Party are available for  
purchase at the COA office.

Deadline to purchase is  
Wednesday, Nov 30th.

Proceeds will benefit the  
Friends of the Adams COA.

**Adams Council on Aging**  
**12th Annual Holiday Gathering**  
Tuesday, Dec. 6, 2022 4:00 - 7:00 PM  
**Bounti-Fare Restaurant**  
☐ Chicken Nicholas ☐ Baked Stuffed Haddock  
☐ Apple Marinated Roast Pork  
**\$23 per person \$18 Friends of Adams COA Member**  
**Music/Cash Bar/50-50 Raffle/Auction**



**Medicare Open Enrollment**  
**October 15th - December 7th**

SHINE Counselor Karen De'Ordio will be available to assist  
with your open enrollment review and changes  
**\*by appointment only\*** at the Adams COA on Mondays,  
Wednesdays, and Fridays from 9am-12pm.  
Slots are filling up fast, so don't delay.  
Call 413-743-8333 to schedule your appointment.



## 3 Tips to Avoid Elder Abuse

- 1: PLAN ahead to protect your assets
- 2: Get to KNOW your banker
- 3: INFORM your attorney of suspicious behavior

Call  
413-743-0001

When in doubt check with your bank!



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Tues & Thurs: 8:30 am - 5:00 pm  
Friday 9:00 am - 3:30 pm  
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## EDMUND R. ST. JOHN, III

Attorney-At-Law

2 Center Street / P.O. Box 228 / Adams, MA

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Friends of Adams CoA, Adams, MA

06-5289





Well, here we are...the Holiday Season is upon us! It will be the New year before we know it. With the holiday season comes gatherings with family and friends. Please be conscious of those that may not have people to spend the holidays with, and consider inviting them to your gatherings or to join you at events here at the Council on Aging. Come see what we have going on this month. November is a time to be thankful for the blessings we have, and we can ALWAYS find SOMETHING to be grateful for, no matter how small it is or how deflated we feel. So please join me in having an ATTITUDE OF GRATITUDE.

To all Veterans– THANK YOU for your service! “We don’t know them all, but we owe them all.” Blessings to you all this Holiday Season!!!! ~Sarah ☺

Crafts with Izzie on Wed, November 9th, 12:30-1:30: Make some beautiful and fragrant ornaments with dried fruit. All materials (and cookies for snacking) are provided. Come to have some fun, social, and be creative!



Textile collection available at your Towns Transfer/Recycling center



As of November 1, 2022, Textiles are a new item [310 CMR 19.000: MassDEP waste ban](#). Textile's no longer can be disposed in your household trash. Textile recycling bins are located in the following locations (See below) for all member towns to utilize. In 2021, 77,154 pounds of textiles were diverted from the Waste stream. Thank you NBSWMD member towns.

Acceptable items: Questions call Northern Berkshire Solid Waste 413-743-8208

Textile bins, Apparel Impact on site are accessible during hours of operation for your towns transfer/recycling center. (Hours are subject to change).

**All clothing: accepted unless contains mold, items must be dry**

- Men's clothing, Women's clothing, Children's clothing
- Coats/jackets
- Winter gear
- Sheet/towels
- All shoes

All items must be dry, contain no odor or mold. Items Do NOT need to be in wearable condition. Town's that offer Textile collection on site at Transfer/ Recycling Center; Adams, Cheshire, Florida, Hancock, Hinsdale, Lanesborough (near Church), New Ashford, Peru, Savoy, Windsor, and Williamstown. Monroe new 2022

Hours: Check town hours subject to change, if located on site. Offsite Bins open 24/7

Towns of Adams, Cheshire, Hancock, Savoy, Windsor, Williamstown also have offsite bins located within the town (call 413-743-8208) for additional locations.



“Our debt to the heroic men and valiant women in the service of our country can never be repaid.

They have earned our undying gratitude.”

Harry S. Truman



#### COA Board Members

Barbara Lagowski Chairperson  
Bruce Shepley, R.N., Vice Chair  
Bob Joppich  
Pam St. John  
Mary Whitman  
Leona Meczywor  
Barbara Fiske  
Aleta Moncecchi  
Liz Mach  
Next Meeting: November 7, 2pm

#### COA Director

Sarah Fontaine  
sfontaine@town.adams.ma.us

#### Outreach Coordinator

Barbara Proper  
bproper@town.adams.ma.us

#### Administrative Assistant

Kathryn “Izzie” Bellizzi  
kbellizzi@town.adams.ma.us

#### Van Drivers

John Naughton, Chuck Gebauer,  
Joe Sloane, John Bianchi

#### Custodians

Kyle Wilson & Ray Keele

#### SHINE Counselor (Medicare)

Karen DeOrdio

#### Foot Nurse:

Lynette Dukehart, RN

**Check us out on Facebook  
AdamsCouncil on Aging**

**CHAIR YOGA w/  
Maryanne**

**At the COA**



Call to let us  
know you're  
coming!

Tues & Thurs - 9am - 10am  
RSVP to reserve seating

**413-743-8333**

## Community Lunches

Catered by ESBC

**Monday – Thursday Indoor Dining @ 11:30am**

**\*Friday is Grab & Go ONLY 11-11:30am**

**Adams Council on Aging 743-8333**

For a full listing, obtain a menu at the Council on Aging

**\$3.00 Donation per meal for 60+ yrs old**

**\$8.00 Required fee for under 60 yrs old**

- 11/1 Roast Pork w/gravy, Mashed Sweet Potatoes
- 11/2 Beef Stew, Red Potatoes, Chocolate Pudding
- 11/3 White Chix Chili, Brown Rice, Corn Bread
- 11/4 Swedish Meatballs, Noodles, Slice Peaches
- 11/7 Salmon Newberg, Potatoes, Apricots
- 11/8 Chicken Pot Pie, Asparagus, Fruit Compote
- 11/9 Italian Meatballs & Ziti, Beans, Fruit Cocktail
- 11/10 **Veteran's Day Luncheon**—Chix Picatta, Autumn Harvest Soup, Red Potatoes, Mandarin Oranges
- 11/11 **Closed for Veteran's Day!**
- 11/14 Calico Bean & Sausage, Rice, Applesauce
- 11/15 Chix Almondine, Gold Potatoes, Mixed Fruit
- 11/16 BBQ Pulled Port, Baked Beans, Peach
- 11/17 **Linen Lunch—Thanksgiving Meal**  
Sliced Turkey & Gravy, Mashed, Pumpkin Pie
- 11/18 Beef Stroganoff, Noodles, Fresh Orange
- 11/21 Orange Chix, Red Potatoes, Banana
- 11/22 Mac & Cheese, Tomatoes, Rye Bread, Sliced Pears
- 11/23 Grab& Go—Beef w/Pepper & Onion, Potatoes
- 11/24 & 11/25—CLOSED FOR THANKSGIVING**
- 11/28 Beef Cabbage Casserole, Butternut Squash Soup, Beans, Pineapple Tidbits
- 11/29 Moroccan Beef Stew, Mashed Potatoes, Carrots
- 11/30 Chix Marsala, Mashed Sweet Potatoes, Dices Pears

## Alzheimer's Support Group

Are you a caregiver or have a loved one who has Alzheimer's, dementia or related disorder?

Join us for our Alzheimer's support group offering emotional, educational and social support in a non-judgmental setting.

**Second Tuesday of every month**

*Pre-registration is unnecessary but welcomed.*

*Questions can be answered at 743-8333*

Upcoming Dates: November 8th  
December 13th



### Project Safe Return

The Adams COA and Police Dept are partnering to bring Project Safe Return to our community.

This program assists in reuniting caregivers with lost or wandering loved ones suffering from Alzheimer's/dementia, Autism, or other incapacitating conditions. It is a free service and a valuable tool in identifying distressed individuals quickly and effectively. Individuals interested in enrolling in Project Safe Return may obtain a registration form and ID tag (pictured above) at the COA. The completed registration form along with a recent color photograph of the participant may be mailed or delivered to the COA. Please call the COA with any questions, 413-743-8333.

### Adams COA Rogue Car Transportation

Available Monday - Friday for Adams, Cheshire, and Savoy residents

\*travels within Massachusetts, as well as to Albany and Bennington

\*based on volunteer availability

\*donations suggested but not required

***\*This program is funded in part by a grant from Elder Services of Berkshire County, Inc. and the Executive Office of Elder Affairs.***

### Adams COA Van Transportation

**\*Available Monday - Thursday 8am-3pm**

**Friday 8am-12pm for Adams residents,**






**Tuesday - Thursday 8am-3pm for Savoy residents.**

\*Please call at least 2 business days prior to your travel needs, as we cannot accommodate same day requests.

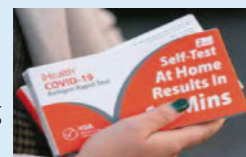
\*travels within Adams, North Adams, and Williamstown.

\*Suggested donation of \$1.00 per town, each way



Monday	Tuesday	Wednesday	Thursday	Friday
	1 9 - 10 Chair Yoga 11:30 Lunch 12:30 Scrabble with Garret Erwin 1:00 Crafters	2 9-10 Dance Yoga 9-12 SHINE 11:30 Lunch 12:30 Drumming 1:30-2:30 Friends of the Adams COA Meeting	3 9 - 10 Chair Yoga 11:30 Lunch 1:30 Pitch with Corry Cairns	4 11:00-11:30 Lunch Grab n Go  North Adams Mobile Food Bank
7 9-12 SHINE 10:00 Cribbage 11:30 Lunch 1:00 Art w/ Donna 2-3 COA Board Meeting	8 9 - 10 Chair Yoga 10-11 <b>Mobile Food Bank*</b> *Please bring your own bag 11:30 Lunch 12:30 Dominos with Che-Che Kozik 1:00 Crafters 3:00 Caregivers Support Group	9 9-10 Dance Yoga 9-12 SHINE 11:30 Lunch 12:30 Crafts w/ Izzie Dried Fruit Ornaments	10 9 - 10 Chair Yoga Veterans Luncheon 11:00 Honor Guard Ceremony 11:15 Remarks by Steve Roy, Veterans' Services Agent 11:30 Lunch, Entertainment by Sheila Scott <b>CLOSING at Noon</b>	11 <b>CLOSED</b> 
14 9-12 SHINE 10:00 Cribbage 11:30 Lunch 1:00 Art w/ Donna	15 8-4 Foot Care Clinic (by appt) 9 - 10 Chair Yoga 10:30-11 BP Clinic 11:30 Lunch 12:30 Scrabble with Garret Erwin 1:00 Crafters	16 9-10 Dance Yoga 9-12 SHINE 11:30 Lunch 12:30 Drumming	17 9 - 10 Chair Yoga <b>11:30 Thanksgiving Linen Lunch</b> 1:30 Pitch with Corry Cairns	18 9-12 SHINE 10:00 Drumming Showcase 11:30 Lunch North Adams Mobile Food Bank
21 9-12 SHINE 10:00 Cribbage 11:30 Lunch 1:00 Art w/ Donna <b>2:30-3:30 Brown Bag Volunteers bagging</b>	22 9 - 10 Chair Yoga 10-11 <b>Mobile Food Bank*</b> *Please bring your own bag <b>10-12 Brown Bag Pick Up</b> 11:30 Lunch 12:30 Dominos with Che-Che Kozik 1:00 Crafters	23 9-10 Dance Yoga 9-12 SHINE <b>11:30 Grab &amp; Go Lunch</b> <b>CLOSING at Noon</b>	24 <b>CLOSED</b> 	25 <b>CLOSED</b> 
28 9-12 SHINE 10:00 Cribbage 11:30 Lunch 1:00 Art w/ Donna	29 9 - 10 Chair Yoga 11:30 Lunch 12:30 Scrabble with Garret Erwin 1:00 Crafters	30 9-10 Dance Yoga 9-12 SHINE 11:30 Lunch 12:30 Tick & BP Cuff Clinic	 <b>Be on the look out for information about being a Santa to a Senior!</b>	

**Get FREE at-home COVID-19 tests** Free Test kits and masks available at the following Town of Adams Departments: Town Clerk, Council on Aging, Town Treasurer, Dept of Public Health, Library, and Police Dept. They will also be available at the subsidized housing complexes in town. **\*The FDA has extended the expiration date 6 months beyond what is printed on the back of the box.\*** So don't throw out your old one until you're certain they've expired.



### 3 Tips to Avoid Elder Abuse

- 1:** PLAN ahead to protect your assets
- 2:** Get to KNOW your banker
- 3:** INFORM your attorney of suspicious behavior

**When in doubt check with your bank!**

[www.adamscommunity.com](http://www.adamscommunity.com)

## NEED HELP WITH UTILITY BILLS?



Resources for Adams & N. Berkshire Residents:

- Berkshire Community Action Council  
413-663-3014  
<https://bcacinc.org/>
- Salvation Army's Good Neighbor Energy Fund  
413-743-8333  
<http://www.magoodneighbor.org/>
- Dynegy (Town of Adams Energy Program)  
866-220-5696  
<https://www.dynegy.com/municipal-aggregation/communities-we-serve/massachusetts/adams>
- Mass Save Energy Audit  
866-527-SAVE (7283)  
<https://www.masssave.com/>

## BLOOD PRESSURE CLINIC

Every month on the 3rd Tuesday.  
FREE readings between 10:30 - 11:00am  
Appointments & Walk-ins Welcome



**November 15th**  
Offered by local RNs  
Luanne Rose & Bruce Shepley

## Friends of the Adams COA Thursday Class Series

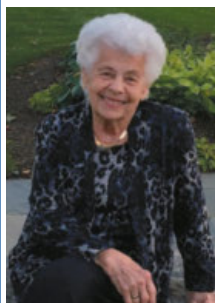
Nov 3rd – Pitch w/ Corry Cairns  
Nov 10th – COA Closed in the Afternoon  
Nov 17th – Pitch w/ Corry Cairns  
Nov 24th – COA Closed  
\*All classes above at 1:30pm. Space is limited.  
Please call the COA at 413-743-8333 to register.  
\*Scrabble with Garret has moved to every other  
Tuesday at 12:30 upstairs in the COA  
conference room.  
Upcoming Dates: Tue Nov 1st, 15th, & 29th



## DANCE YOGA

The funds from non-profit organization Berkshire Kripalu Community have been used. BUT, Yoga instructor Maryanne Kufs has generously offered to continue dance yoga classes every Wednesday morning from 9-10am. Donations are graciously accepted. **We hope you can join us!**  
Please call 413-743-8333 to register.

## DRUMMING SHOWCASE



Join the Adams Rhythm Keepers led by Aimee Gelinas and Dan Cohen from Tamarack Hollow Nature and Cultural Center for a presentation of traditional drumming and singing from West Africa and the Caribbean featuring seniors from the Adams Council on Aging.

**Friday November 18th at 10am  
at the Adams COA**

<http://www.tamarackhollow.com> &  
<http://www.tamarackhollow.org>

Program funded by the generous donations received in memory of Mary Jane Kolis. Thank you Kolis Family!

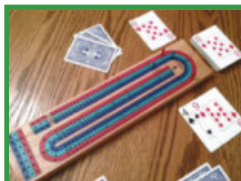
"I said, oh-oh *Domino*..."

Join Che-Che Kozik and Friends here at the COA every other Tuesday as she teaches us how to play Dominos!

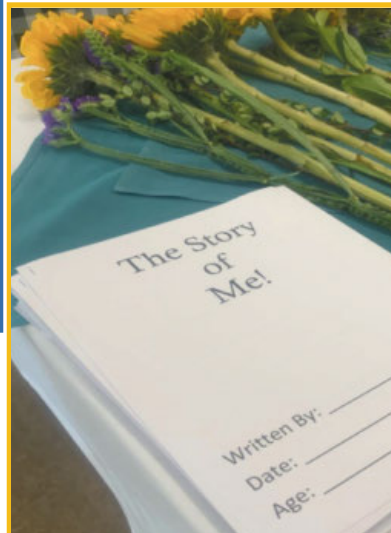
Upcoming dates: Nov 8th and 22nd



## Attention Cribbage Players:



The new cribbage group started in October and is welcoming players. Group is led by Sandy Wildman and her daughter Stephanie, who provide instruction as needed. Call the COA to sign up if interested.  
413-743-8333



Meeting with your family over the Thanksgiving holiday???  
Get your copy of The Story of Me! and fill it out with them. Once completed, get copies made at the COA and hand them out as gifts during the December holidays.



## Laurel Ridge Senior Living Residence



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**(413) 445-5959**

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## Do you need help paying your heating bills?

*Berkshire Community Action  
Council may be able to help.*

BCAC Fuel  
Assistance  
Guidelines

Household Size	Gross Annual Income
1	\$42,411
2	\$55,461
3	\$68,511
4	\$81,561
5	\$94,610
6	\$107,660
7	\$110,107
8	\$112,554



If you are eligible for fuel assistance,  
you may qualify for more helpful programs.

To learn more about what BCAC  
can do for you, contact us:  
Central / South County | 413-445-4503  
North County | 413-663-3014

[bcacinc.org](http://bcacinc.org)



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Friends of Adams CoA, Adams, MA

06-5289



# News from SAVOY!



- COA Outreach worker Barbara Proper is available to Savoy residents 60 and older for phone, office, or as needed in-home consultations. Please call the Adams COA at 413-743-8333 to schedule an appointment. Barb can help with questions about senior services and with completing public assistance applications like SNAP, Fuel Assistance, Good Neighbor Energy Fund, and small grant applications for the community grants such as Neighbor to Neighbor and Elder Care Fund.
- Charles "Chuck" Gebauer provides van service for Savoy seniors on Tuesdays, Wednesdays, and Thursdays 8am-3pm. Please contact the Adams COA at least 2 business days in advance to schedule your rides.

Savoy Knitting Group Calling all crafters to the Savoy Town Hall every Friday morning from 10am to 11ish. Bring your knitting project, your crochet item or your needlepoint. This will be a fun group where you'll have time to work on your creative project, support from fellow crafters and the camaraderie that comes with socializing with your neighbors. All are welcome!

The Savoy Book Club returned from our summer hiatus and met on Oct 7th. We selected *The Little Old Lady Who Broke All the Rules* by Catharina Ingelman-Sundberg as our novel to read this month. Our selection for Nov is *The Patron Saint of Liars* by Ann Patchett. Our next meeting is Friday Nov 4th, 11:00 am at the Savoy Town Hall. We will discuss *The Little Old Lady Who Broke All the Rules* and pick our book for December. All are welcome - please join in the fun!

Hard copies of **The Buzz** are available at the Adams COA and Savoy Town Hall. A PDF copy is available on the Town of Adams website and Facebook. If you would like a copy to be mailed to you, please contact the Adams COA. We will request that you send a supply of stamps in an envelope for us to keep on file for you at our office.

The Town of Savoy has received additional at-home Covid test kits for anyone that is interested. Stop by during town hall hours and pick one up. Tuesday 1-5, Thursday 9-1, and Friday 9-1. There are two tests per box, limit one box per person.

## UPDATED Savoy Town Hall Hours:

Select Board Administrative Assistant

Tuesday 1-5pm; Thursday & Friday 9am-1pm

Town Clerk, Valerie Reiner

Tuesday 11- 1pm or by appointment call 743-3759 and leave a message

Tax Collector, Sheryl Guettler

Tuesday 6-8pm, Saturday 8-10am

Assessor's Office

1st and 3rd Tuesday 5-7pm

Police, Chief Koch

2nd and 4th Tuesday 5pm

**Town Hall: [www.townofsavoy.com](http://www.townofsavoy.com)**

**phone 413-743-4290, fax 413-743-4292**

**720 Main Road, Savoy, MA 01256**

**COA Van Service** to Adams, North Adams, and Williamstown for Savoy seniors runs on Tue, Wed, and Thu 8am-3pm. Please contact the Adams COA at least 2 business days in advance to schedule your rides.

## **Adams COA Rogue Car Transportation**

Available Monday - Friday for Adams, Cheshire, and Savoy residents 60+

\*travels within Massachusetts, as well as to Albany and Bennington

\*based on volunteer availability

\*donations suggested but not required

*\*This program is funded in part by a grant from Elder Services of Berkshire County, Inc. and the Executive Office of Elder Affairs.*

